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# WIRED

## LET'S ALL NAP

Even though the three-martini lunch and subsequent snooze have gone the way of the leisure suit, sleep researchers say an afternoon nap makes employees more alert and productive. Workers in cultures where afternoon naps are commonplace score better on stress tests than do Americans. However, there is an art to napping: Sleep too long and you could wake up more fatigued than before. That's because after 30 to 45 minutes of napping you enter deep sleep, which is essentially a physiological shutdown.



NASA studies show that naps of up to 40 minutes are particularly helpful during long nighttime flights. In conjunction with research from NASA on pilot fatigue, the Jetlog 24x7 PowerNap (\$50) was developed to rouse you before dreams begin. The PowerNapping Module fits in the back of the Handspring Visor PDA and includes a touch sensor. When it's naptime, you curl up with your thumb on your PDA and fall asleep. The PowerNapper monitors the body's muscle tension. Right before deep sleep occurs (or 40 minutes passes) an alarm sounds. When is the best time for a nap? According to researchers, it's between one and four in the afternoon. Napping after four may inhibit sleep later at night.

-- Lazlow

### FEATURES

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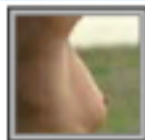
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